

A FREE 10-PAGE GUIDE FOR MEN



Start Here.

Your First 30 Days of Rebuilding

A free 10-page guide for men starting recovery from compulsive sexual behavior.

Hope. Purpose. Healing.

CONFIDENTIAL · PERSONAL USE

Rebuild Men's Group at Alliance Counseling

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rebuildmensgroup.com



Welcome

FROM REBUILD MEN'S GROUP



START HERE: Ten pages for your first 30 days of rebuilding — so you can start, then keep the work going in the room with other men.

You are here because compulsive sexual behavior has taken more than you meant to give. Porn, acting out, secrecy, the double life. Recovery from sex addiction is not a slogan. It is the daily work of getting honest, interrupting the cycle, and becoming a man others can trust.

These pages are for that work, not for looking recovered. You will write. You will name what you have been hiding. Fill the blanks. Do not skip the ones that sting.

This guide is a companion. It is not a substitute for a therapist, a group, or a recovery fellowship. Use it alongside those. If you try to do this by yourself, the addiction will help you.

Write what is true, not what sounds recovered. You do not have to like what you find on the page. You do have to tell the truth about it. Then take it to a man who already has your number. The three lines below are how you use this guide. Follow them.

HOW TO USE THIS GUIDE

- 1 Write honestly. Move at the pace of your recovery, not the pace of your anxiety.
- 2 Share your work with a therapist, sponsor, or accountability partner.
- 3 Isolation is where addiction lives.



About this guide

This guide is educational. It is not therapy. It is not a diagnosis. It is not a crisis service. Rebuild Men's Group at Alliance Counseling offers counseling groups, and also individual therapy, couples therapy, and intensives, in the room — not on this page.

If you or someone else is in immediate danger, call 911. For a mental health crisis in the US, call or text 988.

Use this with a therapist, a group, or a recovery fellowship. Do not use it instead of them.

WHAT THESE TEN PAGES HOLD

The addictive cycle (Patrick Carnes): preoccupation, ritualization, acting out, despair — then space to write. A one-page look at three brain systems involved in craving and self-control. HALT (Hungry, Angry, Lonely, Tired), a common recovery check, with a check-in. The section names in the full Rebuild Recovery Workbook. Then how to book a confidential consult for weekly Zoom meetings.

CREDITS

Addictive cycle: Patrick Carnes. HALT: a common recovery check used alongside clinical care. This packet does not invent research percentages.

AFFILIATION

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Write what is true. Isolation is where addiction lives.



The addictive cycle

Patrick Carnes described compulsive sexual behavior as a four-phase cycle. The names below are his. The point is not to sound clinical. The point is to catch yourself earlier in the loop — before despair writes the next preoccupation.

Trigger. Negative behavior. Shame. Isolation. Repeat. You do not have to do this alone.

1. PREOCCUPATION

The mind locks onto the next acting-out opportunity. Fantasy, hunting, mental rehearsal. You may still look “fine” on the outside.

2. RITUALIZATION

The setup. The sequence of places, devices, stories, and justifications that make acting out feel inevitable.

3. ACTING OUT

The behavior itself — porn, sex, chats, or whatever your pattern uses. The brief relief is part of the trap, not proof you are free.

4. DESPAIR

Shame, secrecy, promises, and the urge to hide. That despair often feeds the next preoccupation. Isolation is where addiction lives.

On the next page, write where each phase shows up. Write what is true, not what sounds recovered. Then take it to a therapist, a group, or a man who already has your number.



Four-phase write-in

Where does each phase show up in your life this week? Fill the blanks. Do not skip the ones that sting.

PREOCCUPATION — WHAT MY MIND KEEPS RETURNING TO

RITUALIZATION — THE SETUP I USE

ACTING OUT — THE BEHAVIOR ITSELF

DESPAIR — WHAT I TELL MYSELF AFTERWARD, AND WHO I HIDE FROM



Your brain on addiction

This is not moral failure with extra vocabulary. Compulsive sexual behavior recruits brain systems involved in wanting, alarm, and self-control. Naming those systems does not excuse harm. It does mean you can stop treating every urge as a verdict on your character.

This page is educational. It is not a diagnosis, not a brain scan, and not a promise. Bring questions to a clinician.

PREFRONTAL CORTEX (PFC)

Judgment, planning, and the pause between urge and action live here. Under strong craving, that pause is harder. Recovery practice is, in part, rebuilding the pause — with other men, not in secret.

VENTRAL TEGMENTAL AREA (VTA)

Part of the reward pathway. It helps tag cues as worth chasing. A person, a tab, a time of day can start the wanting before you have a speech about it.

AMYGDALA

Threat and emotion. Shame, fear, and loneliness can keep the cycle spinning even after the behavior stops for a night. Isolation is where addiction lives.

No percentages. No slogans about “rewiring in 21 days.” Do the next honest thing, then tell a man who already has your number.



HALT

HALT is a common recovery check: Hungry, Angry, Lonely, Tired. It is not a diagnosis. It is a way to notice ordinary states that make the pause harder. Use it alongside a therapist, a group, or a recovery fellowship — not instead of them.

HUNGRY

Low blood sugar, skipped meals, caffeine-only afternoons. Eat something real before you negotiate with a craving.

ANGRY

Resentment, humiliation, a fight you did not finish. Name the anger to a man. Do not take it into a private screen.

LONELY

The double life is lonely even in a full house. Isolation is where addiction lives. Text someone who already has your number.

TIRED

Late nights, poor sleep, the lie that you “earned” a hit. Tired men skip the pause. Sleep is part of the work.

On the next page, check in. Write what is true today. Then do the next small honest thing.



HALT check-in

Today, without performing recovery: where are you Hungry, Angry, Lonely, Tired?

HUNGRY — LAST REAL MEAL, WHAT MY BODY NEEDS

ANGRY — WHAT I AM CARRYING, AND WHO I WILL TELL

LONELY — WHO I AM AVOIDING, WHO I WILL REACH

TIRED — SLEEP LAST NIGHT, WHAT I WILL STOP TONIGHT

THE NEXT HOUR — ONE HONEST ACTION, THEN WHO WILL KNOW



What's in the full workbook

The Rebuild Recovery Workbook is organized in these sections — names only, so you know the shape of the rest of the work:

FOUNDATION

INNER WORK

STRUCTURE

CLINICAL ROADMAP

RELATIONAL / BECOMING SAFE AGAIN

COMMUNITY

The rest of the work is in the full Rebuild Recovery Workbook and in the room with other men. Isolation is where addiction lives.



Book a confidential 15-minute call

Weekly counselor-led groups for men working through compulsive sexual behavior. Kept to 6–8 men. Franklin, Mt. Juliet, or telehealth.

GROUP SIZE

6–8 men

LED BY

Derek Evans, M.A.,
LPC-MHSP(A)

WHERE

Franklin · Mt. Juliet ·
telehealth

FORMAT

Weekly meetings

Franklin, Mt. Juliet, and telehealth across Tennessee.

BOOK A CONFIDENTIAL 15-MINUTE CALL

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Rebuild Men's Group at Alliance Counseling

Individual, couples, and intensives also offered.

The rest of the work is in the full Rebuild Recovery Workbook and in the room with other men.

ISOLATION IS WHERE ADDICTION LIVES.

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